

Body, Mind & Spirit

Oriental Medicine

BY CAROL TAUB

For most of us in Portland and in the United States, Oriental Medicine is a fairly new concept in health care.

As practiced for thousands of years, and in its application today, Oriental medicine seeks to promote good health by helping people achieve and maintain balance, or harmony, in their body, mind and spirit. It's what we call today a holistic approach to medicine - treating the whole person, not just a symptom or ailment. Because Oriental medicine offers this integrated, cohesive approach to health care, it is gaining in popularity.

The case of Frank, an 81-year old retiree who lives in Gresham, is an example of how a patient can benefit from Oriental medical treatment. "Acupuncture is the best thing that ever happened to me," he says.

Frank goes on to explain, "The left side of my face was cramped and ached all the time after I had surgery. I was taking so much codeine and morphine, it made me sick and I couldn't sleep at all. At the suggestion of a nurse at the nursing home where I live, I went to the Oregon College of Oriental Medicine Clinic and met Hong Jin. She treated me with acupuncture and the pain went away. It was amazing. I went back to the hospital where they had tried to treat the pain. When the doctor saw me, he said 'I can't believe it' because I had a smile on my face and I was not fighting the pain."

This is not an isolated case. Pa-

tients commonly report dramatic relief from pain and soreness after acupuncture treatments, especially those involving bones, joints and muscles.

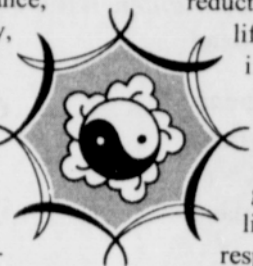
Another feature of Oriental medicine is the importance it places on proper diet, herbs, exercise, good health habits, meditation and stress reduction as keys to a healthy life. A practitioner trained in Oriental medicine spends time observing the patient, asking many questions about what is going on in that person's life, listening carefully to responses, and then applying the principles of Oriental medicine to make a diagnosis and a treatment plan.

Located in Portland, the Oregon College of Oriental Medicine offers three graduate leading to the degree of Master of Acupuncture and Oriental Medicine. Additionally, the College sponsors a Medical Clinic, which offers quality health care to the community at low, affordable rates.

Anyone in the community, including students, senior citizens and low income patients, can receive acupuncture and Oriental medicine services at the Clinic.

Residents in our community have a broad choice of health care providers, representing Oriental and western medical traditions. If you would like information about acupuncture and Oriental medicine, or would like to come to a free clinic at OCOM, please call (503) 254-3566.

Carol Taub is the Dean of Academic Affairs at the Oregon College of Oriental Medicine



Try a Yoga Class

BY PAUL TUCKER

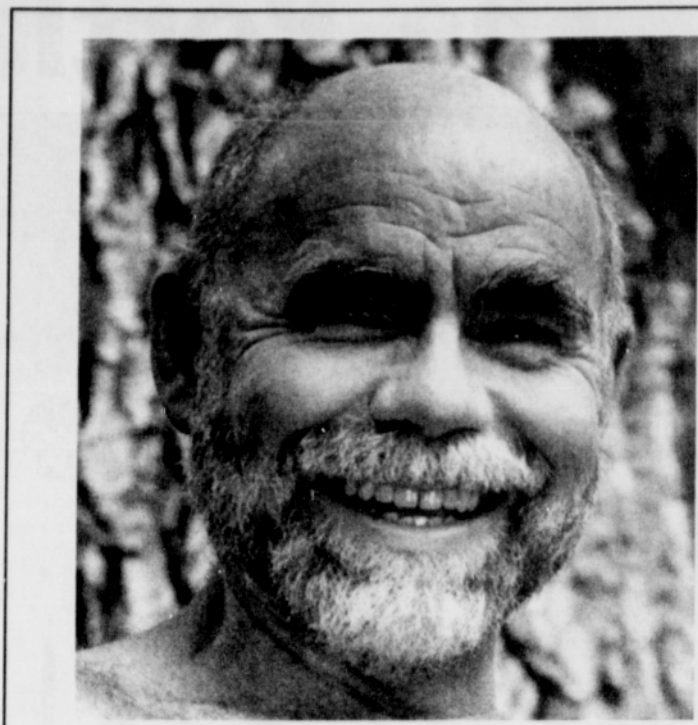
Have you suddenly realized that you're not sixteen anymore because working in the garden for two hours on Sunday after church has had a stiffening effect? That's when Yoga comes into the picture. Getting older cannot be halted, but we can choose to conserve our health and physical strength to maximize our potential.

Yoga is the oldest physical discipline there is going back some 2500 years. It integrates with the four natural stages of life: the learner or student stage, the nest-builder or householder stage, the self-fulfillment stage, and the spiritual enlightenment or wandering scholar stage. Yoga is needed in each stage to achieve to the maximum.

Postures, traditionally called asanas, and breathing, called pranayama, are essential parts of the yogasystem that integrates ones mind, body and spirit. It is through postures and breathing that you learn to release the stiffness and tensions that stifle movement. That you learn how to move in rhythm with your breath that you learn how gravity affects your body.

How do you benefit from yoga? Yoga will gently flex, stretch and extend your spine. It will exercise your muscles and joints which encourages strength and suppleness. It will stimulate your digestive, circulatory, nervous and endocrine system keeping you energetic and healthy. The postures and breathing will release tension and stiffness, establish the balance of your skeletal system, renew your energy and restore your health to it's greatest potential. The restorative postures and breathing reduce stress and help to put you in touch with the inner strength each of us has.

Yoga has stood the test of many centuries. It works. It's practice will bring about a profound change in your life. The human body has a remarkable facility for change and rebirth. Age is of little importance. Your personal history has affected your body and how it functions. But the boundaries of your mental, physical and spiritual energies are much greater than you think. Its never too late to change for change we will regardless. The question is what direction we want to change towards. Yoga is a wonderful, rewarding path



Paul Tucker is an instructor at Holiday's Health & Fitness Yoga Center

that supports the highest of goals of human attainment. Yoga is for you!

Join a class taught by a trained teacher in an atmosphere that has the proper supports. Choose a teacher by asking who is the teacher's teacher. And who was that teacher's teacher. That knowledge will give you insight in what

to expect. You can also consult a source such as the "Yoga Journal", a monthly magazine with the highest of standards. Ask to take one or two classes before you commit to a longer term class. If you feel at all uncomfortable with the teacher or atmosphere, try another class. What are you waiting for? Try yoga this week.

On Childhood Violence

by Sharif Abdullah

Why did it happen? What was the meaning of the carnage in Arkansas? What were the goals of the young boys who opened fire on their classmates and teachers? What did they want?

They wanted what anyone who carries a gun wants: power. In a world which glorifies violence, in a world where violence is seen as play, where violence is entertainment, where millions of dollars are made each day on the glorification of violent acts, they were just two boys who wanted to have fun.

The goals of the violent are always the same: a pitiful attempt at projecting personal power in a seemingly powerless situation. It is pitiful in that the display, whether openly or covertly violent, cannot ever achieve the aims of the young men. The "show" can never gain power for them. For the powerless, however, violence is seen as the only road to power.

The futility of the young boys' behavior is evident once one understands what power is (and is not). True power is the ability to manifest one's intentions. It involves the will to move forward to accomplish one's objectives. Power is NOT pulling the trigger on a gun: that is an expression of powerlessness.

With this definition, it becomes obvious that our world's young, whether in street gangs or in the Heartland, cannot wield true power. They are powerless because they have no collective intentions or objectives. Their show of belligerency is just that: a show. Like boats without paddles or rudders, they drift toward the chasm, knowing something is wrong but not knowing what to do about it.

The largely white rural Heartland of America is deeply disturbed. People are surprised by the violence in Arkansas and Oklahoma, but the real surprise is that it doesn't happen more frequently. Similar in nature, the street gangs of urban America are the leading cause of death in the black community. The buzzwords "black on black crime" mask a violent reality of a society rotting from the inside out.

What is the answer? The answer lies in adopting a simple but profound statement as a way of life: all of life forms one seamless, interrelated web. Therefore, anything I do to anyone, I am doing to myself. I choose to resolve all conflicts through negotiation rather than confrontation.

A person who is whole does not have the need for violence.

We must be prepared to set an example and renounce violence FIRST. If violence is wrong for the Iraqis, it is wrong for the Americans. Anything less is asking an adversary to hold still while you beat him up.

To solve the question of powerlessness, we must address the question of goallessness. We must cultivate a dialog in the schools, in the homes, in the community, about our goals, our power, both individual and collective. A person with a set of coherent, achievable goals simply does not have time to feel powerless. A whole person doesn't want to carry and use guns. It means helping to provide a sense of direction and purpose to an aimless life. (The accumulation of money is not a hole: rich people lead powerless, aimless lives, just like the poor: they just cover it better.)

To those who say that security lies in everyone being capable of killing everyone else, think about the caskets of the children being lowered into the ground. Think about their classmates behind bars awaiting trial. Are we any more secure?

Sharif Abdullah is a speaker, educator, workshop leader and catalyst who specializes in inclusivity, community-building and social/cultural engineering. He is currently director of

Commonway Institute, dedicated to creating a world that works for all. Sharif can be contacted at (503) 281-1667, and through the Internet at sharif@commonway.org.)

Earth Day Conference

Civil rights advocate and minister Eldridge Cleaver and former Chief of the US Forest Service Jack Ward Thomas are the keynote speakers for Earth Day '98 on April 18.

Earth Day '98: Honoring Connections as an Earth Day Interfaith Conference & Celebration presented under the auspices of the Earth & Spirit Council. The event takes place from 9 AM to 9 PM at the First United Methodist Church, 1838 SW Jefferson St.

Cleaver will speak at 9AM, and Thomas will be giving his talk at 10 AM. Cost for attending the keynote

speeches is \$10 for adults and \$5 for students and seniors. Other activities and workshops are free of charge.

A special feature at the conference will be music by African drummer Obo Addy, the Earth & Spirit Choral, the Spirit Learning Drum and more.

An Interfaith Celebration will present a dramatic conclusion to the conference. The Celebration occurs from 7 to 9 PM at First United Methodist Church. This event will include a ceremony, dance, prayers, music and stories for the earth.

Major Study Shows Kava Herb Reduces Stress of Life's Hassles

The first clinical study ever conducted to measure the effects of the kava herb on daily hassles of life showed dramatic decreases in stress among all study subjects who used it.

Kava is a member of the pepper family and has been used for centuries in the South Pacific as a natural relaxant — without interfering in mental processing.

Previous studies have been conducted with kava related to effects on long-term memory, muscle contractability, insomnia and in patients with anxiety, but never on the stress that is associated with the daily hassles of life, according to study leaders Nirbhay N. Singh, Ph.D., professor of psychiatry and pediatrics at Medical College of Virginia and director of Commonwealth Institute for Child and Family Studies at Virginia Commonwealth University, and Cynthia R. Ellis, M.D., assistant professor of pediatrics and psychiatry at Medical College of Virginia of Virginia Commonwealth University.

Singh reported on the findings during the Third Annual Alternative Therapies Symposium and Exposition at the Sheraton San Diego Hotel and Marina on Saturday, April 4.

Singh said the kava used in the study was Kavatro, a brand name product from Natrol Inc., a Chatsworth, Calif.-based manufacturer of vitamins, minerals and herbal supplements.

The double-blind study, con-

ducted late last year, consisted of 60 subjects between 18 and 60 years of age — 29 in the Kavatro group and 31 in a placebo group.

Subjects were assessed five times during the study: baseline (week 0) and week 1, 2, 3 and 4. They were measured in five areas: interpersonal problems, personal competency, cognitive stressors, environmental hassles and varied stressors.

In each of the four weeks after baseline, the Kavatro group showed statistically significant decreases in stress in every category, while the placebo group showed little variation.

"The study found that overall stress decreased with Kavatro as a function of the time that a person was on the product. That is, the greater reductions were evident with longer usage of Kavatro," said Singh.

The study also examined potential side effects of the herb and concluded "it is not addictive and does not lead to dose tolerance," Singh added.

Singh has been a pioneer in the use and study of kava. A native of Fiji, he first consumed it 40 years ago in a ritual drink prepared by his father. More than 10 years ago, he conducted the first study on the effects of kava on long-term memory.

Since then, kava has received increasingly more attention for its relaxation benefits, and in February 1998 the Wall Street Journal in a major story said "kava is poised to become the next blockbuster herbal remedy."

PROJECT QUEST

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EXPLORING AND DISCOVERING OUR HEALING RESOURCES

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Earth Day '98: Honoring Connections

An Earth Day Interfaith Conference & Celebration
Saturday, April 18, 1998 -- 9 am to 5:30 pm
First United Methodist Church, 1838 SW Jefferson, Portland, Oregon
Information & Reservations: Call Earth & Spirit Council @ 503.452-4483, x4

Keynote Speakers (9 to 11:30 am) **Eldridge Cleaver & Jack Ward Thomas**



Eldridge Cleaver, a former Black Panther, author, civil rights advocate, and minister who received the Martin Luther King award for literature for his book,

Soul On Ice, now espouses reconciliation between humanity and the rest of Creation.

Jack Ward Thomas, author of the *Spotted Owl Report*, is the former Chief of the US Forest Service, and currently is Professor of Wildlife Biology at the University of Montana.



COST

Morning Keynote: \$10 for adults & \$5 for students and seniors. Afternoon workshops and evening celebration: FREE. Parking Available, or take the #57 bus.

TICKET OUTLETS

New Renaissance Bookshop, 1338 NW 23rd. Phone 224-4929
Unity World Healing Center, Words of Wisdom Bookstore, 366 - 3rd St., Lake Oswego. Phone 697-9765
Cedar Mountain Drums, 2237 E. Burnside. Phone 235-6345
Looking Glass Bookstore, 318 SW Taylor. Phone 227-4760
Living Enrichment Center, 29500 SW Grahams Ferry Rd, Wilsonville. Phone 682-5683

